



Example Itinerary

Khmer Culture in Cambodia

Objective: This project provides participants with a unique opportunity to improve their understanding and knowledge of Khmer (Cambodian) culture. You'll visit a wide range of places and monuments of historical significance, and also get to experience the different lifestyles of the local Cambodian people and have hands-on experience learning about traditional crafts and trades.

*please note: there may be minor changes to schedule and activities due to placement, weather or other considerations.

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	Morning	• Arrival to Phnom Penh
		12:00-13:30 14:00 17:00	• Lunch at Apartment • City tour around the city • Learn where the main sights are
		19:00	• Dinner at apartment
2	Monday	08:30 - 12:00	• Orientation, safety briefing & Khmer language lesson
		12:00	• Lunch – khmer cuisine
		13:00 - 16:00	• A local market visit at Central Market • Wat Phnom historical site visit • Understand the religion in Cambodia
		16:00 19:00	• Watch 'The Killing Fields' movie • Welcome dinner with Khmer cuisine
3	Tuesday	8:30-12:00	• Visit Choeung Ek Killing Field
		12:00-13:30	• Lunch at local restaurant • Tea & talk about Khmer history
		13:30-16:30 17:30-18:30 19:00	• Visit the S-21 Prison museum • Meditation at Wat Langka • Dinner at apartment
4	Wednesday	8:30-11:00	• Travel to Kampot
		11:00-12:00 12:00-13:00	• Check into the hotel. Explore the local area • Lunch
		Afternoon	• Visit pepper & durian farms (The king of fruit) • Visit a salt farm • Explore Kep Seafood market and see the beach.
		19:30	• Dinner at a local market
5	Thursday	8:30-12:00	• Bus tour up Bokor Mountain. Visit different historic sites and waterfalls.
		12:00-13:00 13:30-15:30 16:00-17:30	• Lunch up the mountain • Explore pagodas and bokor (bring your raincoat if you have one) • River cruise: - Sunset on the cruise - See fireflies
		19:30	• Dinner on the boat
6	Friday	8:30-12:00	• Travel back to Phnom Penh
		12:00	• Lunch break
		Afternoon	• Visit Silk island. Learn about rural life and take a tour of a silk farm.
		19:30	• Dinner at apartment
7	Saturday	08:30	• Depart for Battambang Province
		10:00 – 12:00 12:00 – 13:00	• Arrival to the accommodation • Explore Battambang city
		19:00	• Dinner at a restaurant
8	Sunday	09:00 - 12:00	• Go to Bannong Temple - Stop at grape farm - Bamboo train ride around the Bannong mountain - Explore the mountain top temple
		12:00	• Lunch
		13:30 17:30	• Wat Samrong Knong: Learn the history of the pagoda used as a prison during the Khmer Rouge • Watch millions of bats leave their cave at sunset
		19:30	• Dinner at local restaurant
9	Monday	8:30 - 11:30	• Free time to explore Battambang
		11:30 12:00	• Lunch break • Depart for Siem Reap
		19:00-20:30	• Dinner
10	Tuesday	04:30	• Early start to see sunrise at Angkor Wat
		09:00 – 12:30 13:00	• Explore Angkor temples (Small Circuit) - Angkor Wat - Bayon - Ta Prohm • Local lunch at Sras Sron
		14:30 – 17:30 17:30	• Free time to relax • Cooking class
11	Wednesday	8:30-11:30	• Early start to see sunrise at Angkor Wat
		09:00 – 12:30	• Angkor Temples (Big Circuit) - Preah Khan - Neak Pean - Banteay Srei
		12:00-13:00 13:30-16:30	• Lunch break with Khmer noodles • Relax in the afternoon
		18:00-20:30	• Phare Circus Show
12	Thursday	9:30-12:00	• Visit a floating village on Tonle Sap lake
		12:00 13:30	• Lunch • Visit APOPO landmine museum and have some time to explore independently
		19:00	• Traditional apsara dancing show and buffet
13	Friday	09:00	• Travel to Phnom Penh
		Afternoon	• Free time to rest and explore
		19:00	• Farewell dinner for the group
14	Saturday	All Day	• Free time and departure to the airport